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## IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

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Applicant: Krull Art Unit: 3764  
Serial No: 10/682,265 Examiner: Hwang  
Filed: October 7, 2003  
Title: EXERCISE RESISTANCE METHODS AND APPARATUS  
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Certificate of Facsimile Transmission

I hereby certify that this TRANSMITTAL SHEET AND DEPOSIT ACCOUNT AUTHORIZATION (13 PAGES TOTAL) are being sent via facsimile number (703) 872-9306 to the Commissioner for Patents, Attn: Examiner Hwang, Art Unit 3764, on this 17th day of December, 2004.

MAKUL  
Mark A. Krull

TRANSMITTAL SHEET AND DEPOSIT ACCOUNT AUTHORIZATION

Commissioner for Patents  
Attn: Examiner Hwang  
Art Unit 3764

Dear Sir:

In connection with the above-identified patent application, transmitted herewith is a 11-page Amendment and Response.

Please charge any appropriate fees, including \$27.00 for three additional claims in excess of twenty, to USPTO Deposit Account No. 501463. This document is being submitted in duplicate.

MAKUL  
Mark A. Krull  
Reg. No. 34,205

(541) 385-0383

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AMENDMENT AND RESPONSE

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Art Unit 3764

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Introduction

This Amendment and Response is being submitted in reply to the Office Action date November 2, 2004.